



Grant County Health Department
111 South Jefferson Street Floor 2
Lancaster, Wisconsin 53813-1672
www.co.grant.wi.gov
(608) 723-6416

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Summertime Food Safety Precautions

In Wisconsin, the days between Memorial Day and Labor Day are generally considered prime-time for picnics and outdoor grilling. The warmer weather encourages us to get outside and be more physically active and to enjoy outdoor gathering with friends and family. These gatherings typically include food, and there are things you can do to prepare and keep food safe for everyone at your event.

Maintaining food safety during the summertime can be a challenge. Due to warmer temperatures, bacteria that can cause food poisoning grow more rapidly than in the cooler months. Also, along with family outings, vacations, and eating on the run, people prepare more food and eat more meals outdoors, all of which provide their own hazards. Although safe food handling rules should always apply, extra precautions are necessary during the summer to prevent foodborne illness. The Wisconsin Division of Public Health offers these suggestions below to keep food safe from harmful bacteria.

Clean - Wash hands, utensils and surfaces with hot soapy water before and after food preparation, and especially after preparing meat, poultry, eggs, or seafood.

Separate - Keep raw meat, poultry, eggs, and seafood and their juices away from ready-to-eat foods. Never place cooked food on an unwashed plate that previously held raw meat, poultry, eggs, or seafood. For example, do not put your cooked burgers on the same plate that held the raw hamburger. Use a clean plate, or wash the plate thoroughly in hot, soapy water before transferring the burgers from the grill.

Cook - Cook meats to the proper internal temperature listed below. There are several types of food thermometers on the market that will help you determine when meat is thoroughly cooked. The US Department of Agriculture (USDA) has a safe cooking temperature chart on their website.

- Cook ground beef to an internal temperature of 160° F and until juices run clear. (Don't eat 'rare' hamburgers, which can make you or your family sick.)
- Cook veal, lamb, and pork to an internal temperature of 160° F.
- Cook steaks and roasts to the following temperatures: 160° F internal temperature Medium 170° F internal temperature (well done).
- Cook ground turkey or chicken, to a minimum internal temperature of 165° F.
- Cook chicken breasts to a minimum internal temperature of 170° F.
- Cook whole poultry to an internal temperature of 180° F.
- Fish should be cooked to a minimum of 145° F or until opaque and it flakes easily with a fork.
- Cook eggs until both the yolk and white are firm.

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*The mission of the Grant County Health Department is to
promote the health and wellness of ALL residents of Grant County.*

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Enjoy Foods From Many Cultures

As a diverse nation, we can embrace our cultural traditions for the foods we love and still prepare them in healthier ways. Here's a few ideas on how to make favorite recipes healthier, and still remind us of our treasured food ways.

Cook with others—Learn about cooking different traditional or regional foods from others who use authentic recipes and ingredients and explore ways to improve the nutrition of some of your own family favorites. Cooking dishes at home allows you to add variety to meals. If needed, adapt recipes by cutting back on gravies, creams and sauces; adding more vegetables; or baking instead of frying.

Blend cultures—Many popular foods and beverages in America blend the cuisines of many cultures. Celebrate our nation's diversity and be inspired by dishes that include more fruits, vegetables, whole grains, beans, seafood, lean meats and low-fat dairy.

Add a touch of spice—Combinations of herbs and spices often remind us of dishes from our own heritage or our favorite ethnic food. Add flavor to meals with herbs and spices, such as chili, garlic, ginger, basil, oregano, curry or cilantro, which can replace salt and saturated fat.

Remember, all types of foods fit on MyPlate. MyPlate is designed to remind Americans to eat healthfully, using foods from the food groups. Find more practical information, tips, tools and recipes at ChooseMyPlate.gov.

Source: Enjoy Foods From Many Cultures, Choose MyPlate 10 Tips Nutrition Education Services.

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

UW
Extension

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Jul 6th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Jul 11th—Boscobel United Methodist Church from 9:30am to 3:30pm

Jul 12th—Fennimore United Methodist Church from 9:00am to 3:30pm

Jul 18th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Jul 19th—Late Boscobel Tuffley Center from 2:00pm to 6:30pm

Jul 20th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Jul 25th—Lancaster Schreiner Memorial Library from 9:00am to 3:30pm

Jul 26th—Bloomington West Grant Rescue Squad Bldg from 9:00am to 3:30pm

Jul 27th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm



(Continued from Page 1)

Chill - Refrigerate or freeze perishables, prepared food, and leftovers within two hours. Make sure the refrigerator is set at 40° F or lower and the freezer is set at 0° F. When using coolers, remember that a full cooler will keep a cold temperature longer than a half empty cooler, so pack plenty of ice. Also, try to keep the cooler out of the direct sunlight. Only prepare as much food in advance as you are able to properly chill.

When preparing foods for the grill or picnic, remember to use the fundamental rules of food safety and sanitation.

- If no water faucet is available, take some disposable, wet hand wipes, or a waterless hand cleaner outside with you. That way you can clean your hands before working with food or when you go from one type of food preparation to another.
- To keep bacteria from spreading, wash your hands again after working with raw meat or poultry before handling other food, especially food that will not be cooked or heated.
- Use only clean cutting boards and knives or use a disposable cutting board; take along several of each just to be sure. When you switch from cutting up raw meat or poultry to cutting up salad ingredients or vegetables, either wash everything in hot, soapy water or use a clean cutting board and clean utensils.
- If you are going to marinate your meat and plan to use part of the marinade as a sauce or dip, reserve some for that purpose before adding the raw meat.
- No matter how convenient it seems, do not partially cook food the day before to finish cooking at your picnic site. Often, food seems done before the internal temperature has actually reached a point high enough to kill off harmful bacteria. To save time, consider cooking your food completely the day before, then reheating it at your destination.
- The grill should be very hot before putting meat on it. Coals are ready when they have a light coating of gray ash on them. After removing your cooked meat to a clean plate or platter, leave the grill rack in place so the fire will burn off any food residue. When grilling at a public place, be sure to clean all cooking surfaces thoroughly before use.
- After the meat is cooked, use clean utensils to place it on a fresh plate for serving. Don't re-use any of the utensils, plates, or bowls that were used during the preparation of raw meat. Bacteria live in the juices of raw meat and you can contaminate safely cooked meat by putting it back on the same platter that had held the meat when it was raw.
- Put perishable foods back in the cooler or refrigerator as soon as you finish eating. Don't leave them out while you go for a swim or a hike, and don't leave them out all afternoon to nibble on. Follow the two-hour rule: don't leave perishable food un-refrigerated for more than two hours. Keep the ice chest closed and out of the sun. If you traveled away from home, put the ice chest in the passenger area of the car for the return trip. It's much cooler than the trunk.

By following these guidelines, your picnic or outdoor gathering will be more enjoyable, and you will reduce the chances of a foodborne illness making you or guests sick.

Additional information on food safety can be found at the Partnership for Food Safety Education web site: <http://www.fightbac.org>

(Taken from Wisconsin Department of Health website)



Avoiding Mosquitoes

- Use effective mosquito repellent and apply according to the label instructions.
- Wear long-sleeved shirts, long pants, socks, and shoes.
- Mosquitoes may bite through thin clothing, so spraying clothes with a repellent containing permethrin or DEET will give extra protection. These repellants are the most effective and most studied.
- Avoid being outside during times of high mosquito activity, specifically around dawn and dusk.
- Keep window screens repaired so that mosquitoes cannot enter your home.
- Dispose of discarded tires, cans, or plastic containers left outside that may contain standing water.
- Drain standing water from pool or hot tub covers.
- Turn over plastic wading pools and wheel barrows when not in use.
- Change the water in bird baths, pet dishes and wading pools every 3-4 days.
- Keep drains, ditches and culverts clean of trash and weeds so water will drain properly.
- Clean gutters to ensure they drain properly.



(Taken from Wisconsin Dept of Health website)



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